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## What's your best workout

Posted by Les - 2008/04/18 20:32

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of the 12 routines which workout would you say is your favorite.

Mine is Plyo ( no wiping of the face unless the sweat is getting in my eyes, and loving it)

for the resistance I like em equally but Chest Shoulders and Triceps is the most rewarding for me because I walk around massaging my tris for the day

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## Re:What's your best workout

Posted by TiamatFix - 2008/04/18 21:35

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I'm going to have to agree with you Les. Plyo is by far one of the best and most exciting work outs in the set. Even if it does hurt like hell every time you do it. You can't beat gravity, you just can't.

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## Re:What's your best workout

Posted by kenny - 2008/04/18 23:09

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I also love the Chest, Shoulders, and Triceps next is Kenpo for me.

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## Re:What's your best workout

Posted by P90X ADDICT - 2008/04/19 13:26

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Chest Shoulders Tri's-and then Yoga, and then Plyo, and then Core Synergistics, and then Kenpo, and then Chest and Back and then Shoulders and arms, and then Legs and Back, and then Back and Bi's, and then X stretch, and then Cardio X, and then and then and then....oh you wanted my best/favorite.....you got em.

Sorry this stuff is like crack to me...:blink:

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## Re:What's your best workout

Posted by Les - 2008/04/19 18:40

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in that precise order? lol

I was gonna say that this thread doesn't apply to you Addict for you would love them all, but you proved my point nice to see that you do love em all

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## Re:What's your best workout

Posted by Iskarp - 2008/04/20 15:47

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I gotta say Cardio as a double. For teh regular ones though, Plyo is the mother of all P90X workouts for sure!!

My Favorite resistance has to be Back and Biceps. Anything that can make Tiamat bleed from the inside and me have to go get a barber shave has to be good!!

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## Re:What's your best workout

Posted by Les - 2008/06/02 10:28

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with so many new members, i figured this thread should be bumped

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## Re:What's your best workout

Posted by chrisinfinity - 2008/06/02 20:36

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plyo is the funneest

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## Re:What's your best workout

Posted by FISH - 2008/06/02 20:47

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Chest Shoulder Tri's, Core Synergistics, Kenpo. Id like Plyo and Cardio more but the knee operations seem to limit my enjoyment there. Plus I gotta say I love to the point of hate the Ab Ripper 15 minutes of hell.

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## Re:What's your best workout

Posted by chub\*rock - 2008/06/02 21:40

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PLYO fo' sure. Just about to due phase 2 so I will get to try out the chest, shoulder, and tri!

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## Re:What's your best workout

Posted by Krantze\_ - 2008/06/06 15:41

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chest and back is money

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## Re:What's your best workout

Posted by Ryno88 - 2008/06/06 16:42

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I think my favorite right now is shoulders and arms. I get a good pump out of it.

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